



Don't Be MOSQUITO MEAT!

Fight the Bite!

Mosquitoes can spread diseases like West Nile and Zika!

Although the mosquitoes that carry West Nile virus are most active in the evening, Zika virus mosquitoes can be active both day and night. Protect yourself from mosquito bites.

Wear insect repellent and cover up when weather permits by wearing long, loose and light-colored clothing.

Repellents

Wear repellents when spending time outdoors. When used as directed, insect repellent is a **safe and effective** way to protect yourself from mosquito bites. Repellent is recommended for children and pregnant women, too. Use products containing DEET, Picaridin, Oil of lemon eucalyptus or IR3535.



- Always read and follow label instructions.
- Apply repellents to exposed skin and clothing as directed.
- When applying to the face, spray repellents on your hands and rub on exposed skin, avoiding the eyes and mouth.
- Do NOT apply repellent to children's hands in case they put their hands in their mouths.
- Re-apply repellents as indicated on the label.
- When applying both sunblock and repellents, apply sunblock first.

Dress to Protect

- Wear a long-sleeved shirt, long pants and socks.
- Treat clothing with permethrin or purchase permethrin-treated clothing. Do NOT apply directly to skin (be sure to read and follow all label instructions).
- Permethrin treated clothing will retain repellent activity through multiple washes (re-apply according to label instructions).



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Fairfax County Health Department | May 2016
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